

MOUNTAINEER

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3rd ACR honors fallen OIF heroes

Story and photos by Sgt. 1st Class Donald Sparks
3rd Armored Cavalry Regiment

The warm, sunny Colorado breeze could not dry the flowing tears of mothers, fathers, sisters, brothers, husbands, wives and other loved ones gathered to pay their respect to their fallen hero.

Family members came from across America to memorialize their loved ones during the 3rd Armored Cavalry Regiment's Memorial Dedication ceremony with the unveiling of a new monument for the fallen troopers of OIF III and recall the sacrifices of those from OIF I.

During Operation Iraqi Freedom III, 43 3rd ACR troopers, including 39 from Fort Carson, paid the ultimate sacrifice in combat with the Regiment of Mounted Riflemen.

Col. H.R. McMaster, 71st commander of the regiment, said the troopers helped bring freedom and security to the people of Iraq and defend the values that define our Army, our nation and our way of life.

"As we dedicate these monuments, we also rededicate ourselves as Soldiers to never forget the sacrifice of these courageous men and women," McMaster said. "We pledge to one another to honor the memory of these heroes with our deeds as we continue to serve our nation."

McMaster added, "While we want to share and divide grief, we also want to share and magnify joy — joy that comes from celebrating the courage, dedication to duty and selflessness of these troopers. Joy that comes from our fond memories of these fine men and women whom all of us loved and respected."

During the ceremony, McMaster and Command Sgt. Maj. William Burns, 3rd ACR command sergeant major, layed wreaths at the OIF I Memorial

and the new memorial.

Mayor Najem Al Jibouri of Tal Afar, Iraq, spoke about the troopers of the 3rd ACR and expressed his never-ending appreciation, admiration and love for the family members for their sacrifice.

As the sound of "Taps" was played in the background, one by one each of the fallen troopers' names were called and a single Soldier approached the engraved black granite to render the ultimate respect — a salute.

At the conclusion of the ceremony, family members assembled around the two memorials and placed yellow roses at the base. One by one, hands traced across the engraved names of the fallen, trying to feel the spirit of their loved one through the stone.

Family members also embraced Najem to thank him for coming to the ceremony on behalf of the Iraqi people.

Vendela de Moors, whose husband, 1st Lt. Joseph D. DeMoors, died Jan. 7 in a helicopter crash, told the mayor how her husband had nothing but kind words for him. Trying to hold back tears, she showed the mayor a picture of her husband and asked to pose a picture with him.

"This was very emotional

for me," said Najem. "My heart and prayers will continuously go out for the families of these great Soldiers."



Left: Sgt. Christopher Lipe, Remington Troop, 3rd Armored Cavalry Regiment, stands in front of the wreath of flowers dedicated to the fallen troopers of Operation Iraqi Freedom III during a memorial dedication May 24.

Below: Crystin Bradfield shows her daughter Kloe the engraved name of her dad, Spc. Hoby Bradfield, who was killed in Iraq before she was born, during the 3rd Armored Cavalry Regiment's memorial dedication ceremony here May 24.



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MUST SEE



Gone, but not forgotten.
See Pages 26-27.

Bayonet Strike underway for 2nd BCT

Public Affairs Office

The Mountain Post's 2nd Brigade Combat Team, 2nd Infantry Division, has completed staging for its two-week exercise — Bayonet Strike.

Maj. John Crean, spokesman for the brigade, said Piñon Canyon, an area about 150 miles southeast of Fort Carson, was transformed into a simulated version of Iraq for the exercise that began Thursday.

The brigade, which came to the Mountain Post in August, is preparing for upcoming deployments, although the unit is not currently on orders.

Bayonet Strike is a preparation exercise for the brigade prior to its rotation at the National Training Center in Fort Irwin, Calif., later this summer. The exercise will test 2nd Brigade Combat Team Soldiers on a full range of combat operations.

Crean said Soldiers will fire blanks from their weapons but they will be

able to test many of their new gadgets and battlefield tools including recently issued computers and radios.

Members of the New Mexico National Guard will play the role of Iraqi insurgents during the exercise. Other Fort Carson units including elements of the 43rd Area Support Group and 10th Special Forces Group will also support the training.

A total of 4,500 Soldiers will occupy the nearly 240,000-acre training site.

Piñon Canyon Maneuver Site is one of the Army's few, non-live-fire training areas allowing force-on-force, mechanized brigade training exercises.

Community members may notice increased traffic along Interstate 25 and Air Force fighter and attack jets flying overhead as they prepare to join in the exercise.

For more information on Bayonet Strike visit the Fort Carson Web site at www.carson.army.mil.

Deployed Soldier finds new meaning in Memorial Day

Commentary by Sgt. Zach Mott
3rd Heavy Brigade Combat Team

Memorial Day means so much more to me now than before.

I remember, as a child, Memorial Day parades were a time when I got to march through the streets of my hometown in the uniform of whatever little league team I was a member of that year. When I was growing up, there were no wars to galvanize the people. The only veterans that walked in the parade were from an era I was so far removed from that I couldn't conceive the sacrifices they made during their service.

Years passed and the first Gulf War brought a swell of patriotism the likes of which I thought would never happen again. I had my first brush with a "combat vet" following that war. A classmate's cousin or uncle (the memory is so fleeting that I can't recall that detail now) visited my social studies class when we were learning about Middle Eastern cultures and society.

But, as years passed and the memories of that war became as distant as those of my little league parade days, Memorial Day again became just another day off from school — a three-day weekend, yes!

Following high school, and with no discernable plan for my future, I joined the Army for that all-important college money. After 15 months, I found myself in a place of historic importance: the sands of Kuwait. I was there when hostilities in Kosovo were heating up. Again, my experience with war and

what it means to be a veteran would be through a television screen.

As a 19-year-old, I found myself shaking hands with men old enough to be my father or even grandfather.

The look in their eyes was one of earnest and heartfelt appreciation for what I had watched on television eight years prior: coalition forces liberating their country. But, because I wore the uniform of their liberators, they were thanking me. I simply had no idea what to say, except "You're welcome."

This didn't seem right, how could I take credit for something I had no part of? I was merely a tuned-in viewer, just as much of the world was at that time.

This stirred something in me. It made me realize how much people appreciated the efforts of those that freed them. It was the closest I had ever felt to memorializing someone in uniform. However, the people that sacrificed remained a faceless mass; a figment of my imagination. They weren't a tangible force that I could clearly visualize.

That all changed Jan. 15, 2006. I remember when I heard the news of the first death for the 3rd Heavy Brigade Combat Team, during this deployment to Iraq — Cpl. Dustin Lee Kendall. His death put a face to an anonymous mass that, up until now, had represented my idea of sacrifice to the nation.

I remember him from our days in Kuwait leading up to the migration north to occupy forward operating bases in Iraq. He was smiling, he was happy. He seemed eager to get to the mission at hand. Most of all: he seemed ready.

We talked a few times, but I would not consider him a close, personal friend. We did share a bond that will be carried forever: we were Soldiers, brothers in arms.

I'm learning what that phrase means more and more lately. Each death this brigade endures hurts. Some hurt because I know them. Some hurt because I didn't know them enough. All hurt because they are my brothers in arms.

As a journalist, it's my duty to cover these memorials. I do so with the utmost respect for the Soldiers and with diligence toward the families they leave behind. My heart hurts for those families. I cannot imagine the pain they must endure.

For each Soldier that pays the ultimate sacrifice, there are hundreds, if not thousands, more to fill that void. The heartache felt by those closest to them is transferred into an amazing dedication to see the mission to the end that serves as a fitting memorial for their friends.

I hope and pray that I will not have to cover another memorial, ever. But, if there is a need: I will proudly be there.

This brings me to this Memorial Day. I am currently serving in Iraq and attended a Memorial Day ceremony at Forward Operating Base Warhorse Monday. The names and faces of our fallen Soldiers are ingrained in my memory and will be there forever.

These Soldiers are the ones who I will remember on Memorial Day as the years continue to pass. I will not allow my memory of this time to fade back into a little league parade.

POST TALK: Have rising gas prices changed your driving habits or summer travel plans?



"Yes, it has. I am more conservative now and I have to plan my trips better."

Gregory Sparks
Department of the Army civilian



"... I just spent the past year in Iraq, and I am not letting anything stop me from enjoying my summer."

Capt. David R. Olsen
3rd Armored Cavalry Regiment



"Not really. I still have the same requirements and have to go to work."

Joe Russell
Department of the Army civilian



"I try to stay at home more and I can't go see my family in Germany because the airfare is now so expensive."

Patricia Almestica
Family member



"No, I still plan to go to the Grand Canyon."

Staff Sgt. Gerald Vassalo
71st Ordnance Group

MOUNTAINEER

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NEWS

DoD works to further reduce military suicides

by Donna Miles

American Forces Press Service

WASHINGTON — Suicide rates within the military are about half those in the general military-aged population, but the Defense Department is reaching out to its members to help further reduce the incidence of suicide within the ranks, a top military doctor said.

The suicide rate for military members during 2005 was 11 per 100,000, Dr. David Tornberg, deputy assistant secretary of defense for clinical and program policy, told American Forces Press Service.

That compares to about 19.5 per 100,000, the national average for Americans in the 20- to 44-year age group. And experts say this rate may actually be 40 or 50 percent higher than reported, Tornberg said.

“We have substantially fewer suicides in the services,” he said. Yet in-depth investigations into every military death and extensive publicity associated with military suicides often give the American public the opposite impression, he acknowledged.

In fact, the suicide rate within the military has remained “remarkably steady” over the past decade, through peacetime and war, Tornberg said.

And while there’s no indication that combat deployments increase the likelihood of suicide, Tornberg said it’s clear that they add yet another

stressor to the troops.

“There’s a precipitating reason for every suicide. And in general, it is a response to some life event that has dire consequences to the individual at the time,” Tornberg said. “During high-stress situations such as deployments, relationship, financial and other problems may worsen.”

Another contributing factor may be the ready availability of weapons. DoD has long recognized military service as a high-stress occupation, and offers a full array of programs to help service members cope with that stress. “Ours is high-stress work, and we recognize that and have really robust programs in place for addressing this issue,” Tornberg said. “The way we see it, one single loss of life is a problem.”

The key is making mental health services more available, removing the stigma often associated with seeking care, and teaching troops to recognize when they or a fellow service member may need help.

Each of the services has its own suicide prevention program tailored to its force. But despite subtle differences, all the programs make mental health support and suicide prevention available to service members before, during and after deployment.

Medical screenings that include mental health factors, given before and after deployments, help identify people in distress. During deployments, men-

tal-health-support teams and chaplains provide support. Unit leaders are trained to recognize telltale signs and steer their troops to the services they need.

Service members often form the first line of defense, looking out for each other. When they’re concerned that a buddy’s in trouble, Tornberg advises the direct approach. Tornberg urges people to go to their unit leaders, chaplains or mental health professionals with their concerns if the direct approach doesn’t work.

Much of DoD’s suicide-prevention effort is directed at educating service members to recognize when they need help and where to go to get it.

Troops returning from deployments go through a reintegration process that includes briefings about difficulties they may encounter reentering society and communicating with their families and friends. They receive warnings about the dangers of abusing alcohol, a factor often associated with suicide.

With the wide availability of mental health services, one of DoD’s big challenges is getting people to take advantage of them. Although there’s less resistance now than in the past to seeking help, “we can’t ignore the fact that broadly in society there’s still a stigma associated with mental health concerns and seeking help,” Tornberg said. “And we are working actively through our leadership to try to break those barriers down.”

Army distinguishes its best officers with MacArthur Leadership Award

by Spc. Gretel Sharpee

Army News Service

WASHINGTON — Army leaders who exemplify duty, honor and country gathered in the Pentagon courtyard May 17 to receive the General Douglas MacArthur Leadership Award.

“The Army prides itself on growing its leadership from within. We select from among our volunteers those whom we have identified as having the requisite character and competence to be entrusted with caring for and leading Soldiers through challenging times,” said Army Chief of Staff Gen. Peter J. Schoomaker.

In this annual ceremony, 26 Army officers and Mary Cahill, widow of Capt. Joel E. Cahill, who was awarded posthumously, stood for applause from the crowd of family members, previous MacArthur recipients and former commanders as they each received a 15-pound bronze bust replica of Gen. Douglas MacArthur.

Each company-grade officer was selected by a HQDA board for demonstrating the ability to motivate others, understand fellow Soldiers, and inspire commitment, teamwork and esprit de corps while in a leadership position.

“It is truly an honor to stand before such a magnificent group of young officers who carry forward the legacy of General Douglas MacArthur,” said MacArthur Foundation representative G. Conoly Phillips, who was also on hand to present the award with the Army Chief of Staff.

“Upon reading the nomination packets it made me proud to serve alongside these gifted Soldiers and it reassured me that the future of our Army is in good hands,” said Schoomaker.

Award recipient folded their hands and bowed their heads during the opening prayer to remember the Soldiers who were defending freedom that very moment.

“The 27 finalists in this year’s General Douglas MacArthur Award competition are truly an amazing group,” said Schoomaker. “They have earned the right to lead our Army’s most valued resource — our Soldiers. Each officer here represents the very best of what America has to offer. They are exceptional Soldiers, leaders and even better citizens.”

Award recipients for calendar year 2005 are:

- Capt. Kevin S. Beagle, Active Army.
- Chief Warrant Officer 2 Douglas M. Berg, Army National Guard.
- Capt. Rhett A. Blackmon, Active Army.

- Capt. Robert G. Born, Active Army.
- Capt. Javontka R. Branch, Army National Guard.
- Capt. Joel E. Cahill, Active Army.
- Capt. Michael E. Child, Active Army.
- Chief Warrant Officer 2 James A. Clark, Army Reserve.
- Capt. Russell F. DuBose, Army Reserve.
- Capt. Robert C. Eldridge, Active Army.
- Capt. Daniel J. Glanz Jr., Army Reserve.
- Capt. Caroline K.M. Horton, Active Army.
- Capt. Doug A. Houston, Army National Guard.
- Chief Warrant Officer 2 Jason W. Latteri, Active Army.
- Capt. Todd M. Lindner, Army National Guard.
- Capt. William J. Miller, Active Army.
- Capt. James A. Moyes, Active Army.
- Capt. Timothy R. Mungie, Active Army.
- Capt. Neil O. Oscarson, Army National Guard.
- Maj. Matthew S. Palmer, Active Army.
- Capt. Hugo F. Santillan Rosado, Army Reserve.
- Capt. Darrell S. Schuster, Army Reserve.
- Capt. Jeffrey C. Searcey, Army National Guard.
- Capt. Scott H. Southworth, Army National Guard.
- Capt. Brady A. Spees, Army Reserve.
- Capt. Virginia J. Venturi, Active Army.
- Capt. Matthew P. Verett, Army Reserve.

COMMUNITY

Is it just dry skin? Or something more serious?

by Capt. (Dr.) Athena J. Stoya
Evans Army Community Hospital

Many children have dry skin, especially in a dry climate like Colorado. For this reason, it is important to use a moisturizer on a daily basis. Although many children have dry skin, some have another condition called eczema.

Eczema is one of the most common skin problems. Twenty percent of school-aged children and 3 percent of adults have eczema. Many start having problems in the first 2-3 months of life or by 2-3 years of age.

No one knows the exact cause. However, it tends to be worse in dry or hot weather. Eczema can run in families, especially those families with asthma or allergies.

Children with eczema have dry, red, scaly, irritated, itchy skin. In infants this usually occurs on the cheeks, forehead, scalp, neck, wrists, knees and elbows. In older children, it occurs more behind the knees, front of elbows, wrists, eyelids, face and neck. In adults, it can be all over but most commonly on the hands and wrists.

Eczema usually doesn't cause any permanent scarring. It often causes temporary lightening or darkening in areas of the skin. It can also cause scaling and thickening of the skin.

Moisturizing is the most important thing you can do to prevent worsening eczema or dry skin and the need for further treatment. You should moisturize your child's skin one to three times a day. Use moisturizers labeled as "hypoallergenic" and without scents. Good moisturizers include Vani-Cream, Moisturin, Aquaphor, Cetaphil, Eucerin, Theraplex, Vaseline Petroleum Jelly cream or plain, Mazola, Crisco, or Dermasil.

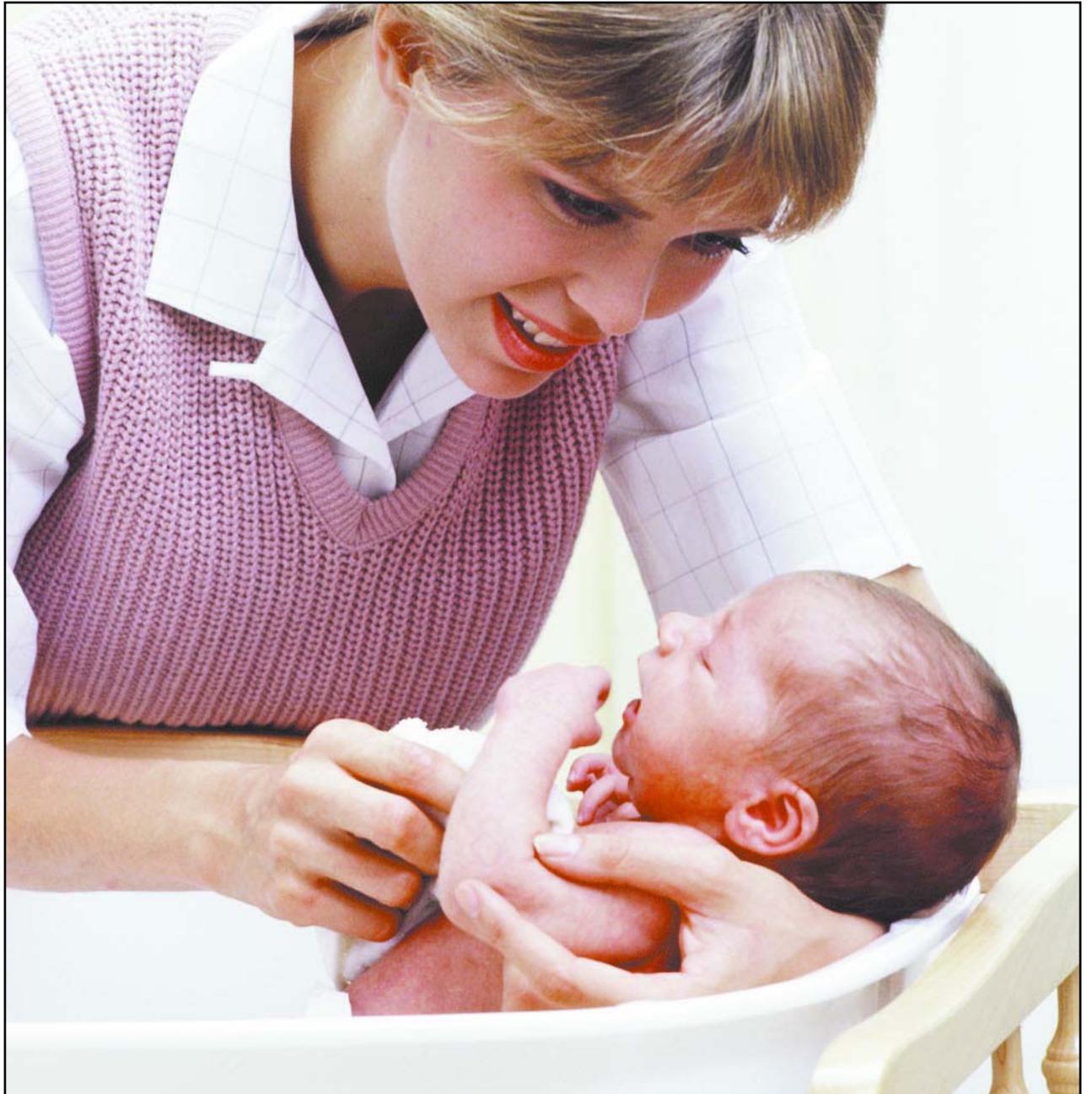
Many parents are afraid to bathe their children if they have eczema or dry skin. Bathing is OK on a daily basis as long as you use an unscented, non-deodorant, and moisturizing soap. After getting out of the shower or tub, pat dripping water from the skin without completely drying your child. Then apply any special ointments (given to you by your doctor) on the irritated spots. Apply moisturizer all over. It is important to do this within three minutes of getting out of the shower or bath to keep the skin moist.

Although moisturizers help a lot, sometimes special medicines prescribed by your doctor need to be used. If your child's eczema can't be controlled by moisturizers alone then you should see your doctor. Your health care provider can prescribe steroid creams to be used for the areas needing treatment. Only the lowest dose steroids can be used on the face. Most children respond well to steroid creams. Steroids can be used sparingly on the irritated skin areas up to three times a day for two weeks at a time. Many parents are afraid about using steroids. However, they are safe if used correctly.

Aside from moisturizers and creams, sometimes children need medicine to help with skin itching. Benadryl can help with some of the itching in some children. If this is not sufficient, your doctor can prescribe a higher strength medicine. However, good skin care decreases itching the most.

What else can you do to help your child's eczema?

- Cool wet dressings on the dry skin areas.
- Good skin care.
- Cooler temperatures in the home.



Don't be afraid to bathe children with dry skin. Using proper soap and drying methods along with moisturizer after a bath can help skin stay healthy.

- Keep humidity greater than 40 percent. Use a humidifier, especially in your child's bedroom overnight. Be sure to clean it at least every week to prevent mold buildup. Also, avoid excess humidity which can worsen dust mites and cause more problems in some patients.
 - Decrease dust and animal dander in the home.
 - Use an air filter.
 - Vacuum and clean the dust away. Do this when your child is out of the room.
 - Wash linens in hot water weekly.
 - Don't allow your pets in your child's bedroom.
 - Avoid perfumes and other scented sprays.
 - Avoid cigarette smoking around your child, in the home or in the car.
 - Avoid chlorine — this can be irritating to the skin. Swimming pools are OK, but chlorine should be rinsed off immediately after swimming and lotion applied to the skin.
- If your child has problems with recurrent infections of the skin you can add one to two teaspoons of bleach to the bath water once a week to decrease the bacteria on the skin and decrease risk of infection.
- 100 percent cotton clothing is best.
 - Avoid wool
 - Tomatoes and citrus fruit juices can be irritating when in contact with the skin.
 - Use hypoallergenic detergents. Use only one-third of an unscented dryer sheets. Avoid fabric softeners.

- Avoid contact with cold sores, fever blisters and herpes, especially with infants with eczema. Children, especially infants, with eczema can get serious infections in their skin and throughout their body if they come in contact with herpes.
 - See your doctor immediately so eczema can be treated.
 - Watch for signs of infection which include increased redness, yellow/weepy/crusty appearance of skin or fever. If infection occurs, see your doctor immediately so your child can be treated with antibiotics.
 - Consider delaying starting solid foods in your infant until 6 months, if there is a strong family history of eczema, allergies or asthma or if your infant has atopic dermatitis, a type of eczema.
 - If you are pregnant and have a strong family history of food allergies there may be some foods you can avoid to decrease the likelihood of your child having food allergies that may worsen his/her eczema. Breast feeding during the first year of life can decrease the likelihood of food allergies and eczema.
 - Avoid bath bubbles or other ingredients in the bathtub.
 - Always use sunblock when outside. If your infant is too young to use sunblock be sure to avoid direct sunlight.
- If you have further questions call the Pediatrics Clinic 526-7653 to speak to a nurse or doctor. To schedule an appointment call 457-2273.

Community briefs

Miscellaneous

HERO Act signed — On May 29, President George W. Bush signed the Heroes Earned Retirement Opportunities Act, which amends the Internal Revenue Code to allow service members to still exclude their military compensation from federal income tax, but also contribute to an Individual Retirement Account while serving in a combat zone tax exclusion area.

Military compensation earned by members of the armed forces while serving in combat zone areas is excluded from federal income tax. Enlisted members and warrant officers exclude all such compensation. Commissioned officers exclude up to the maximum enlisted pay plus imminent danger pay for the months they serve in a combat zone tax exclusion area.

The HERO Act is retroactive to tax year 2004. Therefore, members who did not make an IRA contribution during 2004 and 2005 because they were not eligible due to combat zone tax exclusion, have until May 28, 2009, to make a contribution to an IRA for those years.

Annual leave donations sought — Barney Rohrer, an employee of the Directorate of Environmental Compliance and Management, needs annual leave donations to help cover his absences due to an illness and the exhaustion of his available paid leave.

Civilian employees willing to donate annual leave under the Voluntary Leave Transfer Program should refer to Fort Carson Regulation 690-4. For more information call 526-1729.

Wild Oats hosts annual ice cream social — The Wild Oats Natural Marketplace will host its annual ice cream social event June 10. Customers will enjoy free ice cream with sundae toppings during this build-your-own sundae event. Wild Oats Natural Marketplace is located at 3180 New Center Point, Colorado Springs. For more information call Becca Sickbert at 622-1099.

National Cancer Survivor's Day — National Cancer Survivor's Day 2006, "A Celebration of Life," will be held Sunday at Rock Ledge Ranch, Garden of the Gods Orchard House beginning at noon. The event is sponsored by Pikes Peak Oncology Nurses Society. For more information call 365-5420.

Comfort cooling reminder — Beginning June 1, the Directorate of Public Works will begin the activation of the chiller plant and turning on building air conditioning and swamp coolers. Fort Carson Regulation 200-1 mandates that temperature for cooling will be set no lower than 76 degrees Fahrenheit. Occupants are asked to keep blinds closed and circulate air as necessary. Child care, medical and dental facilities, community service buildings, post headquarters and dining facilities will be activated first. Billeting and buildings located in the following blocks: 800-1600; 1800-2700; 2900-3200; 3600-3800; 7400, 8000-9000 will follow. Industrial areas of the installation and buildings in the 200-700, 900, 6000-6100, and 9600 blocks will be the next priority. Motor pools, warehouses and storage facilities will then be turned on. For more information call 526-6951.

Demo Day at Cheyenne Shadows — Cheyenne Shadows Golf Club hosts a demo day Saturday from 9 a.m.-4 p.m.

The club offers 10 percent off all equipment bought or special ordered that day. For details call 526-4102.

2006 Colorado Springs Heart Walk — Join the more than 2,000 El Paso County residents for the 2006 Colorado Springs Heart Walk, a three-mile fun walk and festival for the entire family, to support the American Heart Association. The event is Saturday at Memorial Park. Registration begins at 7:30 a.m. For more information or to preregister call 635-7688 or visit the Web site at

www.walkamericanheart.org.

AFGE, Fort Carson work in partnership — The Department of Defense issued a policy that mandated the use of hands-free devices on cell phones while driving on federal installations. However, in an effort to enact this safety policy, prior to implementation, the agency (Fort Carson) and the union must complete federally mandated negotiations on the impact to bargaining unit employees on Fort Carson. This process is on going.

The union and management are concerned for the safety of all employees and strongly encourage the use of hands-free devices. If you do not have a hands-free device, pull your vehicle to the side of the road to complete your phone call. The life you save may be your own.

Summer reading program — Grant Library is accepting registration for the summer reading program. Pet lovers are invited to join the "Paws, Claws, Scales and Tales" program. The 2006 summer reading program is open to youths 5-12. The library will host readings, songs, crafts and other activities each Wednesday from 10-11 a.m. through July 12. There will be no program July 5.

To help encourage reading throughout the summer, readers will set goals for the season and families are invited to the read-to-me portion of the program. Registration is underway. For details call Kevin Bokay at 526-8144 or e-mail Kevin.Bokay@us.army.mil.

Armed Forces Bank hours — Beginning June 10, the drive-up services at Armed Forces Bank will change to Monday-Friday 8:30 a.m.-5 p.m., closed Saturday and Sunday. Other services remain unchanged.

Scholarships — ThanksUSA.org has been allocated \$4 million in scholarship funds by Congress to be awarded to spouses and children of military members. Scholarship applications must be received by Tuesday. For details visit the Web site at www.thanksusa.org/main/index.html.

Teen Scene at EACH — Teenage mothers and moms to be are invited to a program at Evans Army Community Hospital. There will be "how to" classes, field trips and games. The group meets the second Wednesday of the month in the third floor conference room at EACH. Call Rhonda Tulensa at 526-7030 or Carissa Sullivan at 526-7090.

5th Bn, 7th Cav reunion — The 5th Battalion, 7th Cavalry Association hosts its biennial reunion July 30-Aug. 6 in Colorado Springs at the Academy Hotel. For information call Garry Owen at 390-3684.

Soccer camp — A free soccer camp will be held July 7 from 8:30 a.m.-3:30 p.m. at the field next to Forrest Fitness Center. The event is cosponsored by the Exceptional Family Member Program and the National Sports Center for the Disabled. Registration begins Wednesday. The camp is open to all EFMP enrolled or qualified families. Preregister by calling 526-4590.

Host an exchange student — Foundation for Intercultural Travel, a State Department designated exchange visitor program, is currently matching international students ages 15-18 with host families in the local area.

Families of all types are eligible to host, retirees to single parent families. Students arrive about one week before your school's start date and bring their own money for clothes, entertainment and miscellaneous expenses. They have their own medical insurance.

Host families agree to provide room and board and to include the student as a family member. All students speak English. For details call (877) 439-7862.

Risk Communication Workshop — An introductory risk communication workshop will be held Aug. 22-24 at Embassy Suites Hotel in Colorado Springs. Register online for this event at <http://chppm-www.apgea.army.mil/risk> or e-mail Suaquita.Perry@us.army.mil. Call (440)

ARMY COMMUNITY SERVICE
ACS
Real-Life Solutions for Successful Army Living

Army Community Service
Family Readiness Center, Bldg 1526
TEL: (719) 526-4590

As part of the Money Trouble Solutions Seminars, the ACS Financial Readiness Program will present

debt-free
by **30**

Practical Advice for the
**YOUNG, BROKE, &
UPWARDLY MOBILE**

JASON ANTHONY AND KARL CLUCK

Thursday, June 8

6:00 P.M. to 7:30 P.M.

Family Readiness Center, Bldg. 1526

To register, call (719) 526-4590.

*"Take charge of your finances instead
of relying on someone else to do it
for you. Improve your financial status
and have a better life and future."*

436-4936 for more information.

Post Traumatic Stress help — "LZ Calvary" is a small group Bible study and support group for veterans experiencing the effects of post traumatic stress disorder. Join a group of veterans who are experienced in combat-related problems and who have successfully dealt with the memories and effects of combat as we work through PTSD-related problems through the study of God's word, fellowship and group discussion. Meetings are held Mondays at 10 a.m. at Grace Brethren Church, 2975 Jetwing Drive. Call Robert P. Schaffer at 390-8096 or 510-6009 for more information.

Alcoholics Anonymous — Alcoholics Anonymous meetings are held at Soldiers' Memorial Chapel Wednesdays at 7 p.m. For more information call 322-9766.

Head Start seeks volunteers — Community Partnership for Child Development/Head Start needs bilingual volunteers fluent in Spanish and English to assist with Head Start enrollment events through August. Volunteers will escort Spanish speaking families through the enrollment event, assist parents with paperwork, assist children as they receive free dental and medical exams.

Events are afternoons, evenings and weekends, involve four-five hours and are held at locations in Colorado Springs. Call 635-1536, ext. 276.

Claims against the estate — Anyone having claims against or indebtedness to the estate of Pfc. Grant A. Dampier, deceased, should contact 2nd Lt. Jared W. Souder at 330-3547.

• Anyone having claims against or indebtedness to the estate of Pvt. Laurie K. Boylston, deceased, should contact 2nd Lt. Jonathan T. Baker at 524-4745.

Trials have purpose in our lives

Commentary by Chap. (Capt.) Patrice Robichaux

2nd Brigade Special Troops Battalion

I am convinced that life is 5 percent what happens to you through situations and circumstances and 95 percent how you respond to it. For our entire lives we will be faced with good times as well as hardships.

How nice it is to be able to say with honesty when someone asks how you're doing, "Everything is fine." But what happens when everything isn't the way it should be? Do we keep our pain inside? What do we do when pain is so real it feels tangible? What happens when the hardship is unfair such as the death of someone close?

Genesis 45: 4-5: "Then Joseph said to his brothers, 'Please come closer to me.' And they came closer. And he said, 'I am your brother Joseph whom you sold into Egypt. And now do not be grieved or angry with yourselves, because you sold me here; for God sent me before you to preserve life.'"

How many of us could forgive as Joseph did? His jealous siblings had kidnapped him, thrown him into a pit and then allow him to be sold into slavery. Yet Joseph trusted that from God's perspective, not his own, his trials had a purpose. Joseph walked through his humiliating ordeal with his eyes focused on the Lord. He continued not only to love his brothers but to find forgiveness in his heart for them.

God can accomplish miracles in the midst of trials. Star NFL wide receiver Robert Brooks of the

1997 Super Bowl champion Green Bay Packers suffered a terrible season-ending knee injury after six games in 1996. Drew Baker writes in "Sports Spectrum" that Brooks (who started the Packer tradition of jumping in to the stands after a touchdown) is a Christian, and as he sat in the locker room that day after the injury, he thought about what purpose God could have in this discouraging blow:

"God was telling me He needed to use me," said Brooks, "to show people that through Christ you can overcome anything — based on the way I was going to handle my injury. It was going to touch a lot of people's hearts and change a lot of people's lives in their everyday struggles. It wasn't a personal thing. I knew I was going to be okay. If I didn't play in the Super Bowl, that's fine, because it is more impor-

tant that God is going to use me."

To everyone's surprise, Robert Brooks recovered completely from his injury and played the following season.

What is going on in your life today? Is there hurt so deep inside that you have never shared it with another human being? Perhaps someone in your own family has rejected or betrayed you.

Remember the pain suffered by Joseph; remember the anguish of Jesus Christ, who was betrayed by one as close as a brother, Judas Iscariot. God knows your pain. Nothing that happens in our lives surprises God. How will you respond? He will not take the hurt and pain away, but will always be available to comfort and bring you through. God cares and has a purpose for your trial.



Chapel

Catholic religious education — The Catholic Religious Education process will begin Sept. 10. Registration forms will be available at Soldiers' Memorial Chapel in the library in August. For more information contact Pat Treacy at 524-2458.

Catholic faith information classes — Inquiry sessions will begin July 17, 8 a.m. at Soldiers' Memorial Chapel. Adults who are interested in becoming Catholic and those who want to learn more about the faith are encouraged to attend. Call Pat Treacy 524-2458 or Chap. (Col.) Richard Goellen at 526-5769.

Fiesta Vacation Bible School — VBS will be conducted at Soldiers' Memorial Chapel June 12-16, 9 a.m.-noon. Registration is currently closed. Parents may put their children's names on a waiting list. For details call Amy West at 337-7399. Fiesta Vacation Bible School is for children age 4 through sixth grade. Parents are invited to join in the fun.

Calling all volunteers — Volunteers are needed for chapel programs. Contact Dennis Scheck at 526-5626.

Youth gathering — A (Catholic) youth gathering will be held Tuesday at Soldiers' Memorial Chapel from 6-8 p.m. Bring a friend and a snack to share. For more information or to R.S.V.P., call Pat Treacy at 524-2458.

Catholic Women of Fort Carson — Catholic Women of Fort Carson will meet several times monthly beginning in September. Free childcare is available. New officers are also needed. For more information call Chap. (Col.) Richard Goellen at 526-5769.

Chapel Schedule

ROMAN CATHOLIC

Day	Time	Service	Chapel	Location	Contact Person
Mon., Wed., Fri.	noon	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7412
Tues., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	9:15 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	10:30 a.m.	CRE	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/576-7412
Sunday	11 a.m.	Mass	Provider	Barkeley & Ellis	Chap. Goellen/526-5769
Tuesday	7 p.m.	RCIA	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769

PROTESTANT

Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Kincaid/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Meeker/526-3711
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Deppmeir/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Borden/526-4206
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Borden/526-4206
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Scheck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Deppmeir/526-8011
Sunday	11 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Zust/526-8890
Tuesday	7 p.m.	PYOC	Soldiers'	Nelson & Martinez	Ms. Scheck/231-9511
Sunday	9 a.m.	Samoan	Veterans'	Titus	Deputy office/526-3888

JEWISH

For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.

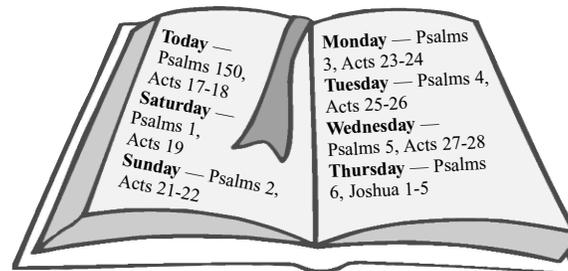
WICCA

Monday 6:30 p.m. bldg 4800, corner of Harr and O'Connell Rhonda Helfrich/338-9464

NATIVE AMERICAN SWEATLODGE

Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military dependents and Department of Defense personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Please call the following for information and directions: Michael Dunning 382-5331 or 330-9537, or Zoe Goodblanket 442-0929.

Daily Bible readings: To assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary, which is designed to present the entire Bible over a three-year cycle.



The Army Cycle of Prayer — Please pray this week for the following:

Unit: For the Soldiers and leaders of the 1st Infantry Division, "the big red one," headquartered in Wuerzburg, Germany, forward deployed in support of Operation Iraqi Freedom.

Army: For the Soldiers, noncommissioned officers and officers of the Dental Corps in their valiant work around the world in support of Soldiers and families.

State: For the Soldiers and families from the state of

Colorado. Pray also for Gov. Bill Owens, the legislators and municipal officials of the Centennial State.

Nation: For the Secretary of Treasury, John Snow. Pray for wisdom for the many officers and staff members of the Department of Treasury.

Religious: For all Soldiers and families from the Lutheran Brethren Church. Pray also for all military chaplains endorsed to serve on behalf of this community of faith. For more information on the Army Cycle of Prayer visit the cycle's Web site at www.usarmychaplain.com



Photo by Spc. Clint Stein

Carson volunteers celebrated

Lilly Twiddy, Red Cross volunteer at Evans Army Community Hospital, is presented with the Volunteer of the Year Award by Maj. Gen. Robert W. Mixon Jr., 7th Infantry Division and Fort Carson commanding general, during the annual Army Volunteer Corps Awards Ceremony May 24 at the Special Events Center. Twiddy has devoted more than 41 years of volunteer work to Fort Carson through the Red Cross Volunteer Program. Many other volunteers were recognized for their selfless service and were presented with an award by Mixon and his wife, Ruth. Fort Carson volunteers can be found helping out at places such as the Thrift Shop, EACH, Turkey Creek Ranch, chapels, family readiness groups and other places. Fort Carson has more than 5,000 registered volunteers and they save the Mountain Post more than \$2 million a year, according to the post volunteer office. But, Mixon said the real value comes from the volunteers' concerns for others. "I'm inspired everywhere I go by the amount of care these volunteers have," said Mixon.

Keeping Fort Carson green without breaking the bank

by Dan Gray

Directorate of Environmental Compliance and Management

Taking care of landscapes on Fort Carson can be a monumental task. Even after recent rains, the region is still 73 percent below average precipitation for the year. These precipitation rates are much closer to what is needed to support a desert ecosystem than the normal semi-arid conditions here.

One issue compounded by the dry conditions is that many of the trees, shrubs and grasses planted here are not native to a desert or, for that matter, this region, and cannot survive on this minimal precipitation. While there is no way to control rainfall, there are many practices that can help plants survive the continuing drought conditions.

Aerating

For existing landscapes, start by aerating the lawn. To aerate the lawn use a deep-core aeration machine. If the soil is too compacted for the machine to penetrate, then soak the lawn a few days before. The benefits of aeration include allowing water to penetrate the soil, enhancing fertilizer

absorption while minimizing runoff, allowing for greater oxygen and carbon dioxide exchange for the plant and stimulating root growth.

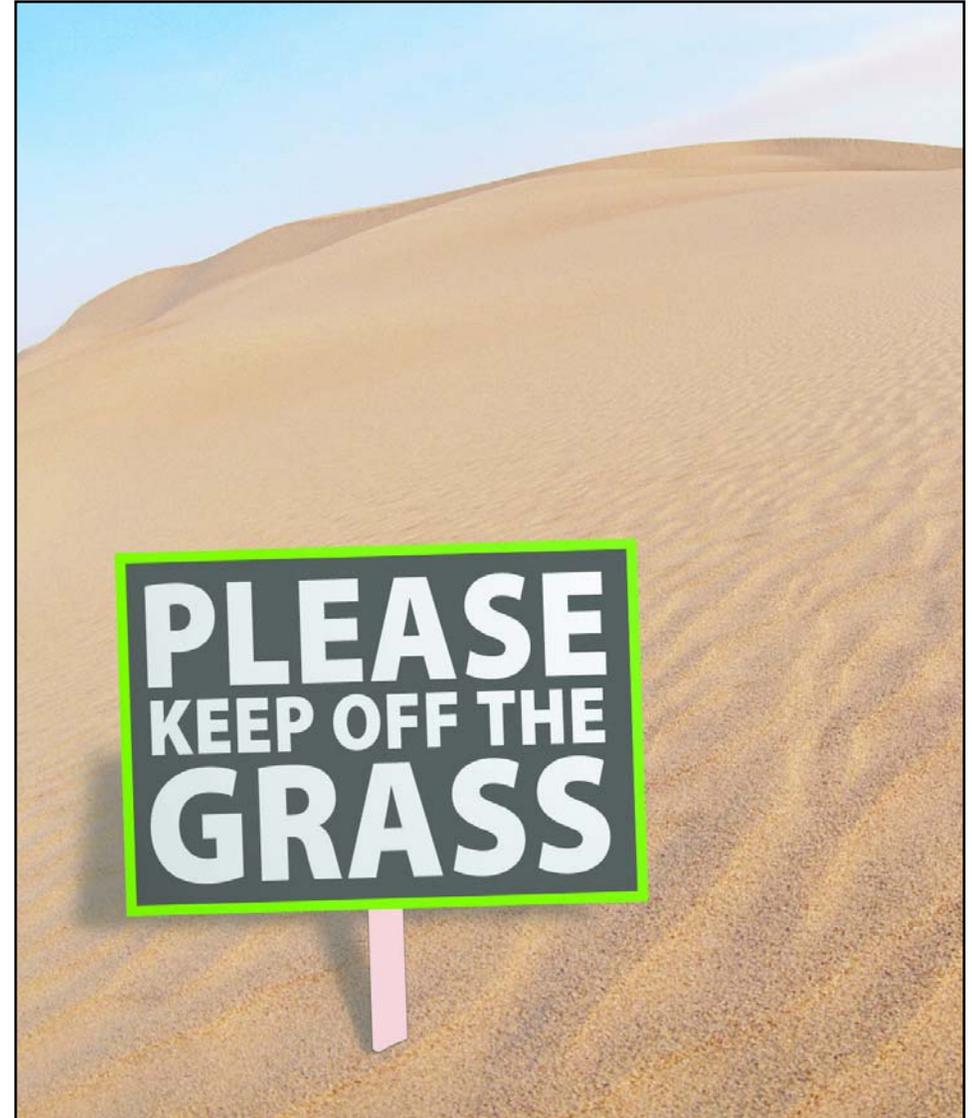
Fertilizing

During the spring, fertilize lawns and trees at half the recommended rate. This is critical during a drought. If fertilizer is applied at the normal amount, there will be a greater demand for water by the growing plant in the summer. Additionally, if watering restrictions are implemented, plants will be further stressed.

A complete fertilizer with nitrogen, potassium and phosphorus should be used. A fertilizer with a ratio of 20-10-5 with iron would be appropriate. Insure the fertilizer has both quick and slow release nitrogen. Consider fertilizing in the fall with a slightly higher level of phosphorus. This is especially beneficial for the root growth of trees and shrubs.

Mulching

Next, ensure all planter beds and drip zones under trees are mulched. Apply mulch with either rock or wood chips. Mulch should be spread to a depth of three-to-four inches and



Green

From Page 18

should not be in contact with the trunk of the plant.

The Directorate of Environmental Compliance and Management maintains the installation mulch pile.

This year, DECAM is implementing a free mulch day June 10 from 8 a.m. to noon at the Fort Carson Recycle Center, bldg 155. Military families residing on Fort Carson can bring bags and collect as much wood chips as they need for their landscaping.

Watering

The watering of trees, shrubs and grasses is the most critical ingredient for plant survivability. Start the growing season off with deep watering. The watering should be accomplished over a two-day period.

Watering must be done slowly to minimize runoff. To verify sufficient watering of grass, use a screw driver and insert it three inches into the soil. The moisture should have penetrated to that depth. If the soil is still dry then resume watering.

For lawns on irrigation systems, check all sprinkler heads for proper adjustment and that ensure that there are no leaks.

Systems should be watering the grass and not the street or sidewalks. The control clock for the irrigation system should be set for short duration

and multiple cycles.

This practice minimizes runoff while ensuring sufficient moisture reaches the plants roots.

To water trees and shrubs, use a hose with a proper shutoff device. Water should be applied beneath the drip line or foliage of the plant. These plants are best watered at a low pressure and for a long duration.

For trees, apply 10 gallons of water for every inch of caliper of the trunk measured at knee high. A three-inch caliper tree would need 30 gallons of water.

A shrub three-feet high would require approximately five gallons of water. Shrubs, six-feet or higher require as much as 18 gallons of water. If possible, make sure trees and shrubs have a mound of dirt around the plant to retain the water over the root zone.

Lawns should be watered no more than three times a week. Newly planted shrubs and trees must be watered weekly, if not more. For established plants try watering three times a month.

If the plant leaves start to discolor or wilt then increase the watering. If after walking on grass a foot print remains visible, watering needs to be increased. The most effective time to water landscape is in the early evening after 7 p.m. and no later than 9 a.m. in the morning.

Mowing

Another important practice during the drought is to maintain the height of your grass at approxi-

mately two and a half inches to three inches.

Taller grass has a better developed and deeper root system. Also, the length of the grass shades the plant and soil insuring higher moisture levels and lower surface temperature are maintained.

Landscaping

Lastly, all new landscaping should be accomplished with plants tolerant to drought and able to withstand Colorado's unique environmental conditions.

Xeriscaping your yard, using native vegetation, rock or wood chips, hand watering or installing drip irrigation should be the normal landscaping practice.

All new landscaping on Fort Carson requires a permit through the Directorate of Public Works. For more information on permits call 526-1695.

If there is a problem with an irrigation system on post, call the operations and maintenance contractor for government facility areas at 526-5568 and if the irrigation issue is in housing, call the Fort Carson Family Housing Office work order desk at 579-1605.

For more information about plant care on Fort Carson, call the DECAM at 526-1692 or 526-1667, or go to the Colorado State University Cooperative Extension Plant Talk series Web site at www.ext.colostate.edu/ptlk.

For the latest information on watering restrictions in the Colorado Springs area go to Colorado Springs Utilities Web site at www.csu.org.



Community Policing



Department of the Army Police

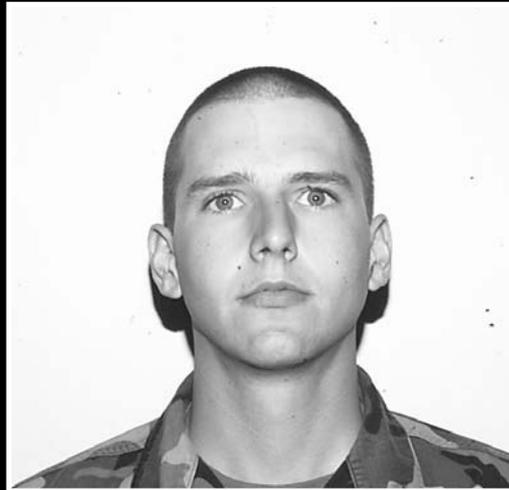


Name: Officer John E. Cross

Experience: Officer John Cross has been assigned to the Office of the Provost Marshal, Department of the Army civilian police since May 2004. Cross currently works as a DA police officer assigned to Fort Carson.

Quote: "Life is too precious, pay attention when you drive."

Military Police



Name: Sgt. Robert Brech

Experience: Sgt. Robert Brech arrived to Fort Carson in November 2001, and is currently assigned to the 984th Military Police Company. Brech's previous assignments include basic training and advanced individual training. Brech's deployments include Guantanamo Bay, Cuba, and Operation Iraqi Freedom 2. He is currently training for future deployments and serves the Fort Carson community with law enforcement duties.

Quote: "You drink, you drive, you lose!"

Alutiiq-Wackenhut Security Services



Name: Officer Siose Molia

Experience: Officer Siose Molia is retired after serving the U.S. Army for 25 years. He also worked for the Army and Air Force Exchange Service in security and safety for six months. Molia currently serves as a security officer for Alutiiq-Wackenhut Security Services at Fort Carson.

Quote: "One team, one fight."

TRICARE expands coverage for ultrasounds

by Mark Jecker

TriWest Healthcare Alliance

Although taking an ultrasound peek to satisfy curiosity over whether it's a boy or a girl isn't covered by TRICARE, a new policy change expands the types of diagnosis to include a greater variety of clinical circumstances than before.

TRICARE's new policy for obstetric ultrasounds, which took effect April 1, allows for additional "medically necessary" reasons, based on the provider's documented diagnosis.

Additional justifications for an ultrasound covered under the new policy are:

- estimating gestational age
- evaluating fetal growth
- fetal well-being, including cardiac activity
- evaluating a suspected ectopic pregnancy
- vaginal bleeding during pregnancy
- diagnosing or evaluating multiple gestations
- evaluating maternal pelvic masses or uterine abnormalities
- evaluating a suspected hyda-

tidiform mole.

Previously, TRICARE benefits covered only obstetric ultrasounds, also known as sonograms, that were required to diagnose and manage "high-risk" pregnancies, and those conditions are still covered.

They include multiple fetuses, a history of two or more spontaneous abortions, shortage or excess of amniotic fluid, potential genetic disorders, advanced maternal age (over 35), fetal infections, fetus affected by maternal conditions unrelated to pregnancy, short gestation and low birth weight. Other high-risk conditions include long gestation and high birth weight, and a prior cesarean section.

OB ultrasounds that are not medically necessary are not covered by TRICARE.

These include those performed for purposes of "screening," routine evaluations, or to determine the gender of the unborn baby.

If you are unsure whether your OB ultrasound meets the above requirements, call TriWest Healthcare Alliance at (888) 874-9378 for assistance.

Photo contest offers big dollar rewards

Army and Air Force Exchange Service

It has been said that a picture is worth a thousand words and now, competing in a photo contest can make it worth \$1,000.

June 1 through July 31, the Army and Air Force Exchange Service is sponsoring the Patriot POG Gift Certificate Photo Contest.

Submission to the contest should depict the essence of activities in Operations Enduring and Iraqi Freedom, or highlight activities in support of deployed troops, such as scenes of service members returning home.

Twelve winning photos will ultimately appear on 5-, 10- and 25-cent POGs which are flat, disc-like gift certificates used in place of traditional currency at contingency exchanges.

Winners will also be awarded:

- 1st Prize (two) - \$1,000 gift card
- 2nd Prize (two) - \$750 gift card
- 3rd Prize (two) - \$500 gift card
- 4th Prize (six) - \$50 gift card

"We're looking forward to viewing all of the entries," said AAFES Chief of Strategic Marketing Mark Polczynski.

The Patriot POG Gift Certificate Photo Contest is only open to authorized Exchange customers and no purchase is necessary.

Designs featured in previous POG series are available online at AAFES.com.

Contestants may submit digital images or mail in photos. Pictures taken with any kind of camera can win as long as the final product is great.

E-mail photos to aafespog@harper-house.com, include "AAFES POG Contest" in the subject line.

All other entries can be mailed to:
Army & Air Force Exchange Service
Attn: MK-MS (AAFES POG CONTEST)

3911 S. Walton Walker Blvd.
Dallas, TX 75236-1598

Each photo submitted must include the complete identification of the picture including location, date, action and identity of people in the photo.

All entries must also include an e-mail address, physical address and telephone number for winner notification.

Digital entries must be submitted in a JPEG file and images are not to exceed 4-inches by 5-inches. They must be high resolution, 300 DPI, and the file size should not exceed 1.4MB.

Mailed submissions should not exceed 8.5-inches by 11-inches in size.

Submissions must be received by Aug. 15. Photo contest winners will be notified by Aug. 31.

GWOT

Story and photos by Spc. Clint Stein
Mountaineer staff

"We will rally the world to this cause by our efforts, by our courage. We will not tire, we will not falter and we will not fail," said President George W. Bush, Sept. 20, 2001, at a congressional address shortly after the terrorist attacks on America.

This quote from Bush is forever engraved on a stone that resides outside Fort Carson's main gate and it was also part of the sentiments of Maj. Gen. Robert W. Mixon Jr., 7th Infantry Division and Fort Carson commanding general, during the Global War on Terrorism Memorial Ceremony May 25.

Four stones with 190 names of Soldiers who were all members of the Mountain Post Team and who gave the ultimate sacrifice for their country stood in full grandeur as family, friends and comrades honored their memory and patriotism.

Mixon said the GWOT site is not only a place to honor the brave Soldiers who died for our country, but also a rallying point for other veterans, family members, the Pikes Peak community and for all

Americans. Mixon continued by saying the memorial site is a reminder that freedom doesn't come free, rather it's a gift given to Americans by men and women like the ones whose names are engraved on the memorial stones.

"They sacrificed everything so future generations can live in freedom," he said. "They did not falter and they did not fail."

When Mixon finished his remarks, unit wreaths were placed in front of the stones by each of the units' commanders. Mixon and Command Sgt. Maj.

Terrance McWilliams, 7th ID and Fort Carson command sergeant major, laid the ceremonial wreath and gave a final salute.

Afterward, as "Amazing Grace" was being played on bagpipes, 22 names were announced as part of a roll call for the recent additions to the stones.

One name that was called out was Staff Sgt. Brian Lee Freeman, 3rd Armored Cavalry

Regiment, whose wife, Leah Freeman, said she thinks Memorial Day is one of the most important days of the year. "It's important to remember where our freedom came from and who gave it to us."

Freeman said she will come back to the GWOT memorial site each year to see her husband's name, but it won't be easy.

"It's hard to see his name on a memorial site, but I'm proud of why it's there. He loved the Army and he loved his family, and he died for a good cause."

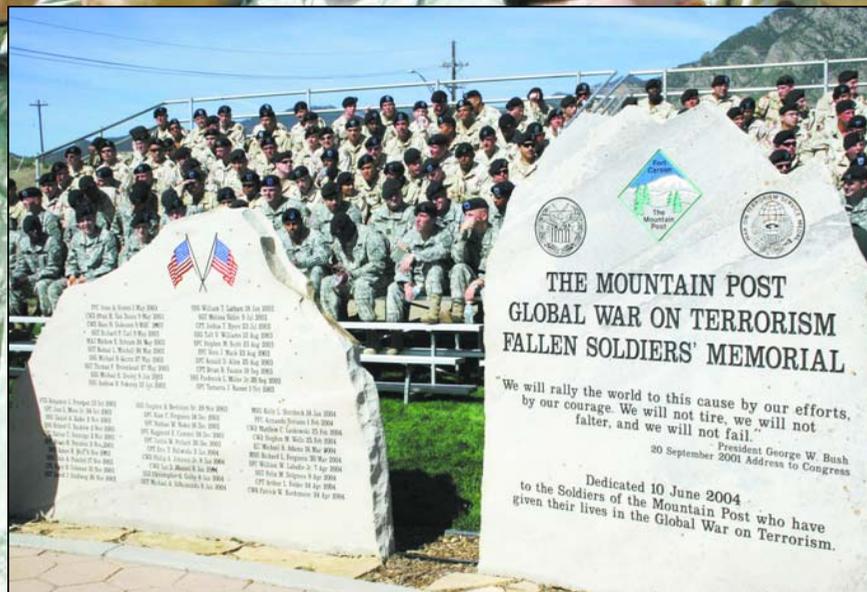
As the ceremony was concluded, family members and friends of the deceased said one last goodbye by placing a yellow rose at the base of the stone under their Soldier's name.



Maj. Gen. Robert W. Mixon Jr., 7th Infantry Division and Fort Carson commanding general, left, and Command Sgt. Maj. Terrance McWilliams, 7th ID and Fort Carson command sergeant major, salute the Mountain Post Global War on Terrorism Fallen Soldiers' Memorial after placing the memorial wreath May 25.



A Pikes Peak Highlander piper plays "Amazing Grace" during a ceremonial role call for the most recent Fort Carson Soldiers whose names were added to the memorial.



Fort Carson Soldiers wait for the Mountain Post Global War on Terrorism Fallen Soldiers' Memorial service to begin May 25 which honored 190 Soldiers from Fort Carson.



Capt. Joshua Kennedy, 10th Special Forces Group (Airborne), salutes his unit's memorial wreath.



Judi Smith touches her son's name and places yellow roses at one of the four memorial stones outside of Fort Carson's main gate.



Out & About

June 3 - 9, 2006

Proudly Brought to You by Your Fort Carson Directorate of Morale, Welfare and Recreation
Visit us at www.ftcarsonmwr.com

Celebrating the

231st Army Birthday Ball



Tickets are available
through your unit
Army Ball liaison
or call 526-3922

17 June 2006 ★ 5:30 p.m. ★

Sheraton
Colorado Springs Hotel
2886 South Circle



7th Infantry Division and Fort Carson

"Serving our Nation at War and Preparing for the Future"

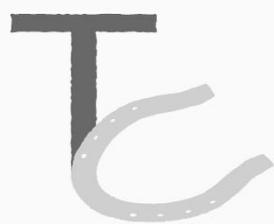


YMCA
www.ppymca.org

YMCA of the Pikes Peak Region,
in conjunction with the Department of Defense
is pleased to offer all
Active Duty Fort Carson Service Members
a **Free YMCA Membership!**

- Any active duty military currently stationed at Fort Carson is eligible thanks to a DoD contract
- Simply bring a copy of your orders and military ID card and we will sign you up
- Ask a staff member how to upgrade to a family membership at a reduced rate
- Membership offer is valid at any YMCA of the Pikes Peak Region's six convenient locations

Questions? Please call 622-9622 for more information.



Turkey Creek Ranch
Fort Carson, Colorado



Saddle up for a trail ride:

Horses head down the trail five times a day Wednesday through Sunday. Trail rides are for riders 7 years of age or older.

Put your Buckaroo on a pony:

Young children ages 2 - 9 can ride for 10 minute increments to fit their attention span. Ponies are available Wednesday through Sunday from 1100 - 1500.

Turkey Creek Ranch

719-526-3905

FAMILY CARNIVAL NIGHT

AT THE ELKHORN

16 JUNE 2006

5PM - 8PM

OPEN TO EVERYONE

12 AND OVER \$8.95

6 - 11 YRS. \$4.00

5 AND UNDER FREE!!!

PRICE INCLUDES:

FAMILY BUFFET, CLOWNS, PONY RIDES, FACE PAINTING
COOKIE DECORATING, MAGICIAN, BALLOON ART, KIDS GAMES
AND MUCH, MUCH MORE



Chuck-wagon meals and entertainment served at the

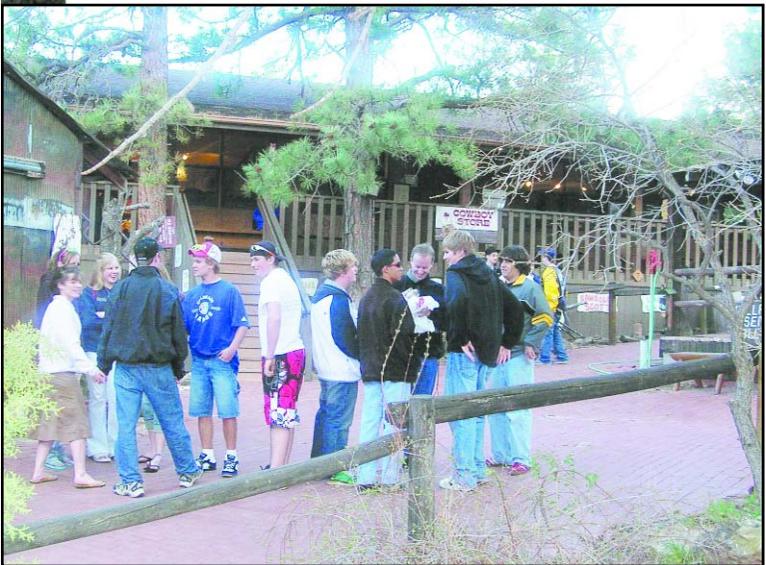
FLYING W MOUNTAINERS

MID MAY thru SEPT. CHUCKWAGON SUPPERS **FLYING W RANCH** OCT. thru MID MAY WINTER STEAK HOUSE

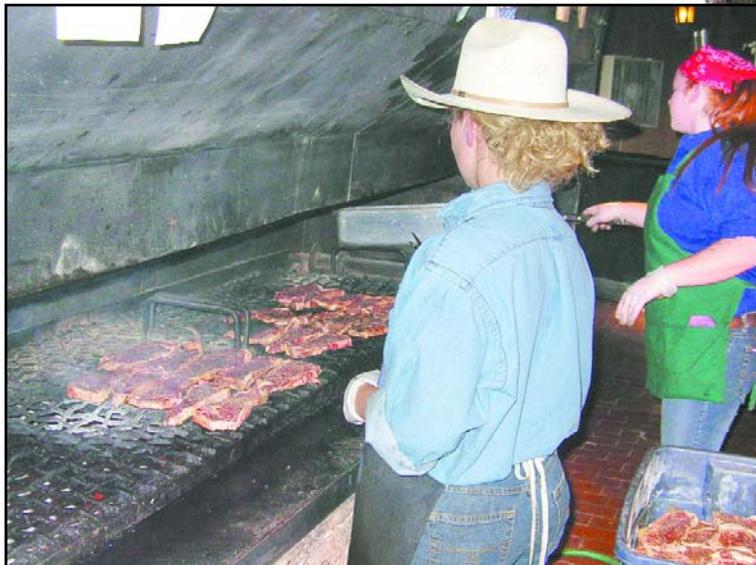


A Flying W Wrangler band member dishes up barbecue for a diner's plate at the chuck wagon supper.

The Flying W Wranglers entertain diners with their music and three-part harmony following the meal.



Diners roam around the Flying W's western town while waiting for the supper bell.



Ranch hands cook steaks over a wood fire at the Winter Steak House.

Story and photos by Nel Lampe
Mountaineer staff

When visitors come to Colorado, they sometimes expect to see the Old West, or at least some cowboys.

One way to show those visitors a little Old West flavor is to take them to the Flying W Ranch for an evening of food and entertainment.

The Flying W is a real ranch. Serving a chuckwagon-style meal to guests started back in 1952. Russ Wolfe and his wife Marian invited some visitors taking a trail ride to stay for supper. Word got around, and crowds grew from a few dozen people to crowds of hundreds. Now, the Flying W hosts 1,200 to 1,400 people each summer night.

Guests arrive early so they can walk around the ranch and visit the ranch's western town, participate in activities and shop in the stores. There's a dozen restored buildings, including a general store, barber shop, gourmet shop, school, jail, dry goods store and a chapel. The buildings are furnished in

the style of the 1890s or early 1900s. There's a small train to ride for a small charge. It's behind the pueblo. Visitors can watch Indians weave rugs. A blacksmith works in his shop and visitors can watch as he shoes a horse. There are tepees, an Indian-style hogan, a school house and covered wagons. There are lots of opportunities for souvenir photographs. The pasture gate is open at 4:30 p.m. for guests with reservations. Once at the chuckwagon site, guests are directed to a parking place. A member of the party should pick up the tickets at the ticket booth, then spend some time exploring the town before it closes about 7:15 p.m. The price for the chuck wagon supper is \$19.50 for adults and \$9.50 for children 8 years old or under. When the dinner bell rings, guests head for their designated table. Supper is served at 7:30 p.m. The ranch staff has perfected the serving process and serves hundreds of guests quickly. Tin plates are filled with barbecue beef or chicken, along with beans, baked potatoes, apple-

sauce and homemade biscuits. Dessert is spice cake, and guests choose lemonade, coffee or iced tea. A steak is available for an extra charge. Supper is served outside, weather permitting, with guests seated at dozens of wooden tables. In rainy weather, guests are served at an alternate site which is under cover. Supper and the show go on, rain or shine. After supper, about 8:30 p.m., the cowboys who served the food take over the stage. The meal, stage show and western town are all included in the price. A cowboy band started in 1952, the Flying W Wranglers provide an hour-long, old fashioned "pickin' and singin'" show. This western show features five guys singing traditional cowboy songs in three-part harmony. The Flying W Wranglers may sing an old favorite such as "Cool Water" or a Roy Rogers or Gene Autry tune. Wranglers' Leader Ronnie Cook said the group's sound is reminiscent of old Western movies. Even visitors who aren't necessarily western or country



Places to see in the Pikes Peak area. June 2, 2006

MID MAY thru SEPT. CHUCKWAGON SUPPERS **FLYING W RANCH** OCT. thru MID MAY WINTER STEAK HOUSE

Homemade biscuits are served with the barbecue at the Flying W chuck wagon supper.



Early arrivals gather in front of the Winter Steak House, which was once the Ute Theater.



The Flying W Ranch includes western amenities, such as a tepee and a wagon wheel.

The Ute Theater interior walls are painted with large murals depicting American Indians.



Flying W

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music fans seem to enjoy the show.

Chuck-wagon meals are served daily in summer — from Memorial Day weekend through September. Flying W Ranch chuck-wagonstyle suppers are quite popular and reservations are necessary.

After the summer chuck-wagon suppers cease, the Flying W serves supper in the Winter Steak House.

There are two settings — 5 and 8 p.m., from October through mid-May, with the exception of January and February, when the ranch is closed.

Guests have a choice of steak, smoked beef brisket, chicken, pork ribs or trout, cooked over an open wood fire. Baked potatoes, beans, salad and biscuits are served alongside.

Reservations are required for either the 5 p.m. or 8 p.m. seating.

Dinner and a show in the steak house costs \$26 for steak or \$24 for the other choices. Children under 8 are served for \$12.

The Picketwire Bar, located in the theater turned steak house, is open when the steak house is. When the cowboys are finished serving, the meal is followed by the famous Flying

W Wranglers' stage show.

The western town isn't open for Winter Steak House diners, so the gate opens just in time for supper guests.

The steak house once served as a movie theater in downtown Colorado Springs. The 1929 Ute Theater was scheduled for demolition in the late '60s. The Flying W owners bought it and it was dismantled and rebuilt at the ranch.

Private parties can also be arranged at the Flying W. Groups of 60 to 190 can have a private dinner in the winter, including the western show.

Group picnic-type parties can also be arranged, for a maximum of 250 people. A chuck-wagon supper and a western-stage show can be included.

Groups wanting to utilize softball, volleyball, horseshoe and basketball facilities can make those arrangements.

Weddings can be arranged for the ranch's chapel, which holds about 140 guests. A wedding reception can also be booked.

The holiday season is celebrated at the Flying W Ranch. Additional evenings are added to the Winter Steak House schedule for Christmas dinners. Private Christmas parties can also be arranged. The ranch is

decorated for the holiday season.

Make reservations by calling 598-4000. The Web site is flyingw.com.

Flying W Ranch is located at 3330 Chuckwagon Road, just off 30th Street near the Garden of the Gods. Take Interstate 25 north to the Garden of the Gods Road exit, go west for about two miles, turning onto 30th Street, Flying W Ranch Road then Chuckwagon Road. The route is through a residential area until approaching the pasture gate.

Just the Facts

- **Travel time:** about 30 minutes
- **For ages:** all
- **Type:** supper, western show
- **Fun factor:** ★★★★★
(Out of 5 stars)
- **Wallet damage:** \$\$\$
\$ = Less than \$20
\$\$ = \$21 to \$40
\$\$\$ = \$41 to \$60
\$\$\$\$ = \$61 to \$80
(Based on a family of four)

Get Out!

Pikes Peak Center concerts

The Pikes Peak Center, 190 S. Cascade, has "Stomp" from June 13-18. Tickets can be purchased at 520-SHOW.

The circus is coming

Ringling Bros. Barnum & Bailey Circus, "The Greatest Show on Earth," is in the World Arena June 14-18. Show times June 14-17 are at 7:30 p.m. There are also daytime shows at 11:30 and 3:30 p.m. June 17-18. Tickets are \$13 and \$20, with a military discount for children's tickets. Call 576-2626.

Rockies appreciate military

Coors Field has military appreciation days at selected Colorado Rockies games with the Pittsburgh Pirates in June; the Milwaukee Brewers in July and August, the New York Mets in August and the Washington Nationals in September. Call (303) ROCKIES to purchase \$6 tickets, identify yourself as an active military member or veteran and provide the reference number: 741532. There's a \$2.50 service charge and tickets must be charged to a credit card. This offer is not available at Coors Field ticket windows. See the post Web site, www.carson@army.mil for information.

Fine Arts Center Theater

"Pirates of Penzance" runs through Sunday at the Fine Arts Center, 30 W. Dale St. Performances are Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. Tickets are \$26 in advance and \$29 at the door.

B-17 aircraft displayed

A B-17G World War II aircraft will be at the Pueblo Memorial Airport on display near the Weisbrod Aircraft Museum from 9 a.m.-5 p.m. through Monday. The B-17 belongs to the Arizona Wing of Commemorative Air Force. For \$5, visitors will be able to enter the B-17 and look around. Proceeds will go to the Weisbrod Aircraft Museum.

Free summer concerts

Beginning Wednesday and every Wednesday through Aug. 23, there'll be a free concert at 6 p.m. in America the Beautiful Park. The park is near Interstate 25 and Bijou Street, turn south on Cimino Drive. Concerts will be cancelled in case of rain. The first concert is the Springs Contemporary Jazz Band and trombonist Ryan Haines. June 14 concert is Phat Daddy and the Phat Horn Doctors.

Summer camps

Bear Creek Nature Center has a summer nature camp for children entering first-fifth grades from 9 a.m.-noon. June 12-16, 19-23, 26-30, July 10-14 and July 31-Aug. 4. The fee is \$80; call 520-6387.

Fountain Creek Nature Center has sessions for first through fifth grades for sessions June 5-9, July 17-21, July 31-Aug. 4, with sessions from 9 a.m.-3 p.m. Two sessions, June 12-

16 and July 10-14, are from 9 a.m.-noon. Half day sessions are \$80; full day sessions are \$120. Call 520-6745 for registration.

Springspre

The annual downtown Colorado Springs fest, "Springspre" is June 17 from 9 a.m.-7 p.m. The fest will be on blocked off streets on Tejon from Boulder to Costilla. It's a free fest for the family with entertainment, food vendors and lots of activities.

Medal of Honor photo exhibit

An exhibit of black and white portraits will be in the visitor center at the Air Force Academy from today-June 14, called "Visions of Valor." It's open to the public.

North Pole open

Santa's Workshop at the North Pole is open for its 50th season. Half-price tickets are available with a coupon from the Web site www.Santas-Colo.com, making admission \$7.95 through June 30. The theme park is off Highway 24 West at Cascade.

Denver museum

"Body Worlds 2: The Anatomical Exhibit of Real Human Bodies" is in the Denver Museum of Nature and Science through July 23. This exhibit shows bodies without skin in a process called "plastination," showing muscles and organs. There's a charge of \$10 for this exhibit, but combination tickets are sold for the exhibit, museum, planetarium or IMAX. Go online at www.DMNS.com or call (303) 322-7009. The museum is in Denver's City Park at 2001 Colorado Blvd.

Here come the clowns

The Ringling Bros. Barnum and Bailey Circus is in the World Arena June 14-18. Tickets are available at the World Arena box office or call 576-2626.

There's a military discount for children's tickets with a military identification card. Performances are at 7:30 p.m. June 14-17, with some daytime shows June 17-18. Ticket holders are invited to come an hour early for the preshow when clowns and other performers interact with the audience, as pictured at right.



Photo by Nel Lampe

Buster s Baghdad

by Maj. James D. Crabtree



James D. Crabtree

SPORTS & LEISURE

Outdoor pool opens for post patrons



A young swimmer barrels into the water after coming out of one of the waterslides at the outdoor swimming pool.

Story and photos by Walt Johnson

Mountaineer staff

A beautiful sun-drenched day with temperatures in the high 80s met members of the Mountain Post Friday when the outdoor swimming opened for the season. Many members of the community, not on the road for the holidays, took full advantage of the facility.

Don Armes, aquatics center director, said the weather and the people on post coming out to the facility were both perfect as he and his staff were anxious to give the people a good recreation activity for the summer.

"The outdoor swimming pool is open for the summer and we hope we are kicking it off with a bang today. The weather is great for swimming, the people are here enjoying themselves and my staff and I are so pleased that we are able to have this facility open for the people on post. Our customers are very happy with the way the facility has been prepared for them and we have gotten a lot of comments about our additional water slide that will be here this year," Armes said.

One of the people who brought the family to the outdoor pool was Scott Ponce. Ponce, his wife Heather

and their children, Cecilio and Lorena, spent some time in the baby pool area and Ponce said it was a good way to spend an afternoon.

"This is a beautiful day and I wanted to take time to enjoy it with the family. This is a nice facility ... much better than I expected it to be. The water is warm and it's good for the kids to enjoy. Our kids have been going to the beach since they were about 5 or 6 months old. We're from Florida and this is definitely a summertime activity for us because we love the water. We miss the beaches in Florida so this is a good way to get in some swimming time," Ponce said.

Armes said in addition to the swimming pool and all it has to offer, the snack bar will be open to offer nutritious food for swimmers and parents who work up an appetite.

Armes said the swimming community here lost a dear friend in April when Don Siedler, who ran the snack bar the past few years, passed away.

"Our snack bar is once again open and ready to serve the people here. Unfortunately, we lost a true friend of the pool and the man who used to run our snack bar (Siedler) passed away in April. There is a tremendous void for us not to have him here with us, but we know he is with us in spirit," Armes said.



Scott Ponce, left, his daughter Lorena, in his lap, son Cecilio, second from right, and wife Heather enjoy the kiddie pool.



Joe'alle Claiborne, left, and her sister, Keeley Claiborne, enjoy some sister time at the pool Friday.

On the Bench

Maintenance team wins post intramural soccer title

Story and photos by Walt Johnson

Mountaineer staff

When the final two surviving teams, 68th Corps Support Battalion, and 183rd Maintenance, arrived at Pershing Field May 25 for the intramural soccer championship game, it was supposed to be a coronation for the only undefeated team (68th CSB) in the regular season.

Instead, it turned into an upset on the same level as the Boston Red Sox winning the last four games of the American League Baseball playoffs two years ago, as the 183rd Maintenance team defeated the CSB team, 6-3.

During the regular season, Kimberly White, 68th CSB coach, and her team were an offensive force that regularly scored goals in bunches and were without a doubt the best team in the league. But that is what makes the playoffs in any sport so exciting; the best team in the regular season is not necessarily guaranteed a champi-

onship.

The maintenance team, which is a subordinate unit of the CSB, scored the first goal of the game and never looked back as the regular season champions were unable to generate the kind of offense White was accustomed to. The result was a stinging defeat that the team never had to experience this season.

“This is the only game we lost all year. We weren’t quite as (precise) as we usually are. We really weren’t accurate in our passing ... and that will do it,” White said.

As for the winners, Ed Woodring, Maintenance co-coach, said the team had a strategy it thought would work. That strategy and an unfortunate break for the CSB team helped it claim the top prize.

“The key for us was teamwork and having some good strikers. During the year we had problems with people not taking shots but today they took the shots and put the goalie in a posi-



A member of the 183rd Maintenance intramural soccer team, front, tries to make a move around a 68th Corps Support Battalion player during action in the championship game May 24 at Pershing Field.



Lady Mountaineer player Tasi Mafoe crosses home plate with a run May 24 during league play at Skyview Sports Complex in Colorado Springs.

Bench

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tion to have to make plays,” Woodring said.

“Our game plan was to shut down their best player(s) which was much easier said than done. We also wanted to make sure we had more players on defense than they sent on offense to negate their speed. Lucky for us, their best player pulled a hamstring (muscle) early in the game fighting with me for the ball. He was pretty much ineffective after that and that worked to our advantage,” Woodring said.

“This was the first year that intramural soccer has been played here since 1966 and I think the teams gave us a wonderful season. They played with spirit and determination that made us realize this is a sport that we want to offer to the Soldiers each year,” Lamont Spencer, intramural sports director, said.

Cheyenne Shadows Golf Club and Fort Carson Child and Youth Services are getting together to sponsor a junior golf tournament this summer at the post golf course each Tuesday in June and July.

Registration is currently underway for the junior golfing activity and is open to boys and girls ages 5-17. The cost for the program is \$35 per individual and the program is scheduled to run from Tuesday-July 25.

There will be different times for each age group. Times are as follows: Ages 15-17, 9-10 a.m.; ages 12-14, 10-11 a.m.; ages 8-11, 11 a.m.-noon and ages 5-7, noon-1 p.m.

For more information call the youth center at

Mountaineer Youth Sports

Running away

Members of opposing soccer teams head toward the ball and upfield during youth soccer action May 24 at Pershing Field. The post youth soccer season ended May 24.

Youth sports action will now shift to the baseball field, as teams begin preparing for the season Monday with practice sessions all week. The season is scheduled to begin June 10 with games kicking off at 9 a.m. at the post youth baseball fields adjacent to the youth center.



Photo by Walt Johnson



Photo by Walt Johnson

Fan of the Week

Vern Tanati, front, has been in the stands leading the cheers for the Lady Mountaineers softball team since the season began in early May. Tanati is the brother of Lady Mountaineer third baseman Tasi Mafoe.

Bench

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526-2680 or the golf course at 526-4102.

Colorado has been chosen to host this year's National Fly Fishing Championship. The competition began Monday at various sites throughout the state of Colorado and will continue through Sunday.

Colorado Trout Unlimited is a nonprofit organization dedicated to conserving, protecting and restoring Colorado's coldwater fisheries.

According to the organization, the competition features 65 to 70 contestants from two international teams, two Colorado teams and nine teams composed of regional champions and current Team USA members.

Of the U.S. competitors, 15 will be selected as members of Fly Fishing Team USA to represent the country this August at an international Olympic-style event in Portugal.

All events are open to the public and are scheduled for the following locations: Upper South Platte River: Near Deckers, Lower South Platte River: Waterton Canyon, Clear Lake: Near Georgetown, Big Thompson: Near Estes Park and Lily Lake: Rocky Mountain National Park.

For more information about the National Fly Fishing Championship and Conservation Symposium, visit the Web site at www.nationalflyfishingchampionship.com

The post running team is looking for runners to help form this year's squad.

The team trains year-round in order to compete in local and national races. Any runner interested in being a part of the team should show up at the center at 6 a.m. on Tuesday, Wednesday and Thursday at the Special Events Center. Contact Martin Wennblom at 330-0554 or Bill Reed at 524-1163.

The Colorado Rockies next military appreciation day at Coors Field will be Monday to Wednesday when the Pittsburgh Pirates will be in town. The Rockies are offering discount tickets in the outfield box, pavilion or upper reserved infield seating area for \$6 per ticket.

Call (303) 762-5437 and say you are calling for the military appreciation day tickets.

These tickets will not be available at the stadium ticket windows.

You must state that you are an active member of the United States military or a military veteran and provide reference number 741532.

Mark your calendars for the Colorado State Games that will be coming up Aug. 4-6 in Colorado Springs and Denver.

Some of the events will take place at the Mountain Post and if judging from the past two years is any indication, there will be great action to watch.